



WEEK OF FEBRUARY 26TH, 2018 #9/52

## Remembering Nigel



It is not easy coming up with topics for the newsletter each week. And sometimes I feel, perhaps, I share too much of me here, my personal struggles traveling through a life filled with grief. But then I think grief is a reality here on the farm. We have lost our farmer, and I have lost my soul mate.

Living each and every day completely immersed in a life, a business and a home, created by Nigel, I find there is little escape for me. Having to learn

so many things without him here to guide me or to answer my many questions. Through it all, I realize Eatwell is who I have become. I am so very proud of the work we do here, all of us, you guys included. I am living and working the change I want to see in this world. To be honest, I am very much in love with this place, only now, I have to live and experience everyday with my new companion.

When Nigel passed away, I chose to postpone his memorial until this summer. I was so overwhelmed at the time, and truly felt I could not do him justice at the time, or even be very present. I had hoped that given the space of many months, the process and ideas for his memorial would be easier. I don't think it has, the difference is I have the advantage of more time to plan something a bit more worthy of someone who gave so much.

Nigel's memorial is scheduled for June 17th. It is the weekend before the Summer Solstice which is right around the time of our Solstice/Garlic Party. This year, rather than garlic harvest/braiding, I would like us to take on a project and make something special for the members garden, a permanent memorial to Nigel. For years, he dreamed of building a big pizza oven in the garden. Of course that's my first thought.

I think it could be an excellent community project to do together, but I will need your help. I will reach out to some friends who have built a couple of pizza ovens, but if any of you have experience doing this type of project or you are interested in the earlier stages of planning/helping, please let me know. And in general, I believe I can only pull this off if I get a good sense of how many people are wanting to come and make this happen. After our work is done on



Saturday, there will be a special dinner provided by the farm, and of course our campfire and overnight. The memorial itself will happen on Sunday. To make sure we can accommodate as many people as possible, we will send out an invitation via Brown Paper Tickets. In the meantime if you want to help out with the pizza oven please contact me either by email [organic@eatwell.com](mailto:organic@eatwell.com) or you can text me directly 530-554-3971. I think together we can make something we can all enjoy, and it will be a really wonderful way to have a bit of Nigel out in the Member Garden for years to come.



## Winter Crops

This time of year, it amazes me that Jose and the guys can get as much beautiful produced out of the fields every week as they do. We are in a bit of in an in between time, many of the crops we were harvesting over the past few months are looking tired, and old. Many are in full bloom or about to. In this picture you can clearly see how many of the greens are moving on to their next phase in life, which if we let them, would be reproduction. Lots of beautiful yellow flowers popping out of beds of greens we have been enjoying. The blossoms are really quite tasty but obviously we can't fill a box with pretty yellow flowers. And of course this is all just another example of the seasonality of a farm like ours. It is also the reason we plant the same crop over a period of several weeks. Farming is a lot easier if you are just growing a few things to harvest all at once, but we have boxes to fill 51 weeks out of the year, and that takes a lot of planning.

## Little Lettuces

Seems strange to me that these sweet little lettuces grow so well during these past couple of weeks of cold nights and days, but they have. And they keep giving all winter long. Often the guys cut the center out, rather than taking the entire plant, and new beauties grow back.



## Growing the CSA

For the last few weeks, Cameron has been calling new and former members to see what we can improve on and what their ideal CSA looks like. We've received an amazing amount of feedback, which we're working on. The referral program has also been doing well, and we love seeing Eatwell tagged in Facebook and Instagram posts. We are truly honored you are helping out this small farm. To be more transparent, here are our CSA numbers since the new year.

**Number of New Subscriptions (Since January 1st): 95**

**Number of Canceled Subscriptions (Since January 1st): 86**

As you can see, we are growing, but slowly. There are many ways you can help the CSA. One, help spread the word about us. A simple post on Facebook, Instagram, NextDoor, or good ol' word of mouth does wonders! Next, you can email us with suggestions. If you think we can improve one way or another, we'd love to hear it. And no idea is too big or small. Lastly, if you are going away on vacation or simply need to cancel your box for a couple of months (because life happens), let us know and we can put a hold on your account, rather than cancel it completely.

We can't say it enough, but this farm wouldn't be here without YOU. We love you all.

Join us on Slack! Go to <http://bit.ly/SlackEatwell> to sign up. You'll be able to share recipes and chat with the Eatwell Community.

# RECIPES AND IDEAS FROM LORRAINE

## Salmon, Steamed Spinach and a Lemon Salad

Recipe from Tender by Nigel Slater

I wonder how this would taste if you used the pomelo or grapefruit instead of the lemon for the salad? Additionally, as there probably won't be enough spinach in the box, I would try steaming some chard or mizuna as well as the spinach or perhaps in place of. If you do use chard, I would remove the thick stems. The salmon would be nice topped with a bit of the garlic chive finely chopped.

2 8 to 9 oz pieces of Salmon  
Olive Oil  
1 lb Spinach  
2 Lemons  
2 tsp Superfine Sugar  
2 TB Olive Oil  
Flat Leaf Parsley  
1 heaping TB Capers

Brush the salmon on both sides with olive oil, then season with salt. Get a nonstick frying pan hot. Place the fish, skin side down, in the pan and cook over medium heat for four or five minutes, until the skin has crisped. Turn, cover with a lid, and cook for a further five minutes or so, until the fish is lightly cooked through to the center. Meanwhile, make the salad by cutting away the skin and white pith from the lemons with a sharp knife and slicing the lemons thinly. Put them into a bowl with the sugar, olive oil, and good handful of parsley leaves, left whole. Add the capers and toss the salad gently. Let sit for a few minutes, during which time the sharpness of the lemon will mellow a little. Wash the spinach thoroughly, then steam in a lidded pan for a minute or two, until tender. Drain. Put the lemon salad and the spinach on warm plates and side on the salmon.

## Just A Reminder

Sometimes it is hard to remember all the different things we can do with goodies from our weekly box. For me the simplest, and one of my absolute favorites is roasting. From this week's box, the cabbage, turnips, and leeks all roast well. The cabbage I typically quarter, put on a baking sheet, drizzle over a bit of olive oil, give them a nice sprinkling of salt and peppered roast for about 15 minutes in a hot oven, around 420 F. Turnips, I would mix with the leeks, and roast. If the turnip is quite large, quarter it. If small, leave it. You can peel or just wash it really well. For the leeks, use the light green and white parts, wash well, and cut lengthwise down the center, then into thick rounds. Put turnips and leeks into a bowl, toss with oil, salt and pepper, the spread out onto a roasting pan and pop into that hot oven. After 10 minutes, toss the veg, and cook a few minutes longer. Any of the roasted veg can be topped with chopped garlic chives after they come out of the oven.

### Tips On Storing Your Produce:

- **Leeks**- Leave in an open container in the crisper wrapped in a damp cloth or in a shallow cup of water on the counter (just so the very bottom of the stem has water). Will last at least a week.
- **Garlic Chives**- Store in the refrigerator, wrapped in plastic. Should last 3-5 days.
- **Cabbage**- Wrap cabbage in plastic wrap and keep it chilled in the refrigerator. An alternative to plastic would be placing it in a tightly-locking container that limits air flow. Properly stored, cabbage should last about a week.
- **Spinach**- Store in the bag, unwashed, in the crisper. Take out what you plan on using and wash as you go. Will last 3-5 days.
- **Turnips**- Remove the greens (store separately) same as radishes and beets, store them in an open container with a moist cloth.

To view more storage tips,  
go to [eatwell.com](http://eatwell.com) >> "CSA Farm Box" >> "This Week's Box"

## Sri Lankan Dal With Coconut and Lime Kale

Recipe from NYT Cooking by Tejal Rao

I saw a picture of this dish and it looked so delicious I had to include it with this week's recipes.

1 lb Red Lentils  
3 Green Cardamom Pods  
3 TB Coconut Oil  
1 Cinnamon Stick  
3 whole Cloves  
2 small White Onions, thinly sliced  
4 cloves Garlic, crushed  
3/4" piece of Ginger, peeled and grated (about 1 TB)  
2 Green Finger Chiles or Serrano Chiles, stemmed and finely sliced  
Scant 1/2 tsp ground Turmeric  
1 bunch Kale (about 9 oz)  
1/2 tsp Mustard Seeds  
2 TB Unsweetened shredded Coconut  
2 tsp Kosher Salt  
1 Lime, juiced  
7 oz (3/4 cup plus 2 TB) canned Coconut Milk  
Yogurt, for serving  
Rice, for serving

Wash the lentils in a strainer in cold water until the water runs clear, then place in a medium bowl, cover with water and set aside. Bash the cardamom pods with the side of a knife so they crack open. Put 2 TB of the coconut oil into a large pot over medium heat. When hot, add the cardamom pods, cinnamon stick and cloves. Fry for a minute, then add the onions. Cook for 10 minutes, stirring

frequently, until the onions are browning and soft. Add the garlic, ginger and green chiles and stir-fry for 1 to 2 minutes, then remove a third of the mixture from the pot and set aside. (Leave the cinnamon stick behind.) Drain the lentils and add to the pot, along with the turmeric and 4 1/2 cups of hot water. Turn the heat to high and bring to a boil. Once they are boiling, reduce the heat to low and simmer for 20 to 25 minutes, stirring occasionally, until the lentils are soft and creamy. While the lentils are simmering, chop the kale into thin strips and discard the thicker stems. Put the remaining tablespoon of coconut oil into a lidded frying pan (keep the lid off for now) over medium heat and, when hot, add the mustard seeds. When the seeds begin to pop, add the reserved onion mixture and fry for 1 to 2 minutes. Add the kale, shredded coconut and 1/2 tsp of the salt. Stir-fry for 1 minute, add 1/4 cup hot water, put the lid on to steam the kale for 2 minutes, or until soft and tender. Add the lime juice and stir. When the lentils are soft and creamy, add the coconut milk and remaining salt and simmer for 5 more minutes. Remove from the heat, and pick out and discard the cardamom pods and cinnamon stick. To serve, ladle into bowls and divide kale over the top. Serve with a side of yogurt and rice.

## Copycat Chipotle Lime Rice

Recipe from Genius Kitchen by Allan Lee

One of Nigel's favorite things was actually the rice at Chipotle. Since we have cilantro in the box, I thought this would pair nicely with the Sri Lankan Dal recipe.

1 tsp Vegetable Oil or Butter  
2 tsp fresh Cilantro  
2/3 cup white Basmati Rice  
1 cup Water  
1/2 tsp Salt  
1 Lime

In a 2-quart heavy saucepan, heat oil or butter over low heat, stirring occasionally until melted. Add rice and lime juice, stir for 1 minute. Add water and salt, bring to a full rolling boil. At boiling, cover, turn down to simmer over low heat until rice is tender and the water is absorbed about 25 minutes. Add in the cilantro and fluff rice with a fork. Note from author - Some people have had success with 1 cup of water, but when I've made it with 2 it worked for me.